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morning the patient is removed for an hour while the tub and the hammock are cleaned and the patient's entire body anointed with some bland ointment to prevent irritation from the continuous application of the water.

A nurse in charge of the bathroom is on duty eight hours; her duties are to watch the temperature of the water, attend to the ventilation and keep the patients as quiet as possible, take their temperature twice a day or oftener if ordered, and feed them unless they are able to feed themselves. Each nurse, as a rule, has two patients. There are ten such tubs in all throughout the hospital.

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## THE INVALID'S LUNCH-BOX

BY E. GRACE McCULLOUGH

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THE nurse who has been thoroughly trained in the proper serving of an invalid's tray, with its spotless linen, dainty china, and orderly arrangement of delicious food, might feel handicapped, if suddenly called upon to prepare a suitable, acceptable lunch for a patient starting upon a journey without any knowledge of the accessories which go to make the lunch-box as attractive as the lunch-tray.

Why a lunch-box? The question may well be asked in this day of luxurious travel, when an *a la carte* restaurant is on every steamer and a "diner" on every express train.

We are all more or less conscious of a restlessness, consequent upon the thought of a journey; how much more will a patient, after an illness, feel the nervous strain of the getting ready, the getting off, the bustle and hustle of the modern railway station or dock. Then, too, it is not infrequent that the meal preceding the departure could not be taken, so it may become necessary to have "just a little" before the "diner" is attached, or there is no strength to go for it, as the swing of a train and the roll of a steamer may unsettle the hardest. Changing at out-of-the-way junctions where suitable food, even any food, is impossible to secure, is also a probable reason why a nurse should be prepared for the emergency.

A dainty lunch, put up in the most attractive manner, is part of the work in the nurse's course in the diet kitchen at the Massachusetts General Hospital. When lunches are required, the order is issued from the

superintendent's office. The hospital provides folding boxes, single and double sizes, white paper napkins, wax paper, and small Dennison's labels.

The selection of the contents of the box is left to the discretion of the nurses as much as possible, although the menu, neatly written or printed, which accompanies each lunch is referred to the dietitian for criticism. This makes the nurses resourceful, familiar with material on hand and available.

The sandwiches, which make up the body of the lunch, are of very thin white and graham bread, cut into various shapes, the filling appetizing and suitable, ranging from finely minced chicken, and the more pronounced meats to the many combinations attractive and delicious. Not more than two kinds are allowed in one box; these are carefully wrapped in the wax paper and labelled; as is done with each article. When the order is without restrictions stuffed eggs, devilled canapes, olives, sweet patties, cake, home-made bon-bons, salted almonds, etc., are upon the list for selection, each to be complementary to the whole. Fruit in season is usually added.

The box is first lined with a paper napkin, the packages carefully fitted in, then covered with another napkin; small white envelopes containing salt or powdered sugar, two folded napkins, and the menu complete the box. It is neatly wrapped in brown paper and placed at the time specified upon the desk in the office. The opening of the box is often a pleasant surprise, and so frequently are letters of thanks received, couched in glowing terms, it is realized they are much appreciated.

#### SUGGESTED FOR THE LUNCH-BOX

##### I.

2 minced chicken and mayonnaise sandwiches	
2 sardine sandwiches (toasted bread)	
2 bread and butter	1 oz. salted peanuts
2 crackers with sliced cheese	jelly roll
6 olives	1 orange
salt and pepper	

##### II.

2 chopped ham with mustard sandwiches	
2 chopped olives and cream cheese sandwiches (brown bread)	
2 bread and butter	1 oz. walnut meat
1 hard boiled egg	lady fingers
2 gherkins	grapes
2 slices zweibach	salt and pepper

## III.

2 sliced turkey sandwiches	2 slices angel cake
2 lettuce sandwiches	1 oz. salted almonds
2 bread and butter	pears
2 soda crackers toasted with cheese	salt and pepper

## IV.

2 sliced ham sandwiches	2 pretzels
2 red pepper sandwiches (graham bread)	2 slices chocolate layer cake
2 bread and butter	apples
2 devilled eggs	home made mint drops
	salt and pepper

## V.

2 bacon paste with mayonnaise sandwiches	
2 egg (graham bread) sandwiches	
2 bread and butter	2 lemon tarts
6 olives	crystallized canton ginger
1 oz. salted nuts	1 orange
	salt and pepper

## VI.

2 sliced tongue sandwiches	6 olives
2 currant jelly sandwiches	orange sponge cake
2 bread and butter	2 bananas
2 crackers and cheese	salt and pepper

A thermos bottle filled with lemonade, orangeade, tea punch, milk, or water will be found most acceptable.

Sanitary drinking cups are indispensable for travellers, whether or not a lunch is taken on the journey.

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NINE fraternal and benefit organizations with a membership of nearly 3,000,000, and three international labor unions with a membership of over 100,000 have joined the ranks of the fighters against consumption within the last year, according to a statement issued recently by the National Association for the Study and Prevention of Tuberculosis.

A year ago only one fraternal organization, the Royal League, and one labor union, the International Typographical Union, maintained institutions for the treatment of their tuberculous members.